

Be Inspired

EVERGREEN RETIREMENT COMMUNITY | a Senior Lifestyle community | CINCINNATI, OH 45215 | 513-948-2308

JOIN US THIS MONTH FOR *chinese new year dance*

On Tuesday, Jan. 29, let's celebrate the Chinese New Year Evergreen style. The evening will begin with a delicious Chinese dinner prepared for your enjoyment in the Dining Room. Then enter the Auditorium at 7 p.m. for a



Chinese New Year Festival. Our favorite band, The Sociables, will play all the popular dance songs from the '30s, '40s, and '50s. Refreshments and drinks will be provided. The Chinese New Year is a celebration of fresh starts, family, and hope for the New Year. Each Chinese year is represented by one of the 12 creatures of the Chinese Zodiac. 2019 is the year of the Pig. Within China, customs and traditions concerning the celebration of the Chinese New Year vary, but usually include lantern decorations, cherry blossoms, orange trees, and lots of red color. In China, red is considered to be the luckiest color. So, wear festive red clothing and come to the Auditorium to celebrate the New Year of 2019!

THIS MONTH'S *silver star*

JACK MAYNARD

This month's Silver Star is awarded to Evergreen resident Jack Maynard. Jack is a helpful volunteer for the Activities Department. He helped to organize



Evergreen resident Jack Maynard

a Coffee Club that meets in the Bistro at 8:30 a.m. on Saturday mornings. Everyone is invited to attend and enjoy a cup of coffee while socializing in an informal and unstructured gathering. He also helped to organize and lead a Christmas caroling evening for the residents in December and will host, with his Evergreen buddy Mitch Russell, the Boomaroke Singalongs. Thank you Jack, your help is greatly appreciated. (Come join Jack on Monday afternoons at 1:30 p.m., in the Auditorium for a game of Cornhole where he will enthusiastically cheer for you while you play.)

IT'S OUR PLEASURE TO SERVE YOU ... *word from your executive director*

My career and love for senior living started over 20 years ago when I was introduced to a nursing facility near my hometown in Cleveland, Ohio. I spent my high school and college summers working as a state tested nurse aide and a dietary aide. When I graduated from college, I knew I wanted to spend my career in senior living.

I have had my Nursing Home Administrator's license for over 15 years, and enjoy the time I spend with the residents and families. I follow a servant-leadership style, and believe that the way to success is to take care of each other — residents, families and Associates.

When I am not here at Evergreen/Wellspring, my time is spent with my beautiful wife and daughter. I enjoy golfing and spending time outdoors.

I am extremely excited about having the opportunity to be a part of such an incredible community with so many wonderful residents, family members, and staff.

TRAIN YOUR BRAIN *sudoku solution on back*

		3		5				
	2				7	3		9
5				2	6		4	
3				1				
	5	8				6	1	
				8				7
	1		4	3				5
9		7	8				2	
				7				6

BE INSPIRED

- CONNECT ● GROW
- CONTRIBUTE ● MOVE
- FEEL ● REFLECT

LOCATIONS

- ARTS AND CRAFTS ROOM — ACR
- ASSISTED LIVING LOUNGE — AL-L
- ATRIUM — ATM
- AUDITORIUM — AUD
- BILLIARDS ROOM — BR
- CHAPEL — CH
- DINING ROOM — DR
- EXERCISE ROOM — ER
- GAME ROOM — GR
- MANSION BAR — BAR
- MANSION LIVING ROOM — MLR
- PRIVATE DINING ROOM — PDR
- SUNROOM — SR
- THIRD FLOOR BUILDING THREE CARD LOUNGE — 3 FL CL
- WELLSPRING — WS

*CALL TRANSPORTATION

**MUST SIGN UP

CALENDAR HOTLINE:
948-2316-3

Please sign up at the Activity Desk for Wellness Everyday™ Personal Training Certification.

SENIOR LIFESTYLE

EMBRACE *life.*

EMBRACE *moments.*

EMBRACE *connection.*

www.SeniorLifestyle.com
Activities are subject to change

“The beginning is the most important part of any work.”

—Plato



<p>NEW YEAR'S DAY</p> <p>● AREA II* 1</p> <p>1:00 ● Pinochle Club GR</p> <p>1:00 ● Bible Study ACR</p> <p>1:30 ● Movie to Be Announced AUD</p> <p>4:00 ● Brown Bag Happy Hour BAR</p>	<p>● AREA III* 2</p> <p>9:45 ● Advanced Exercise AUD</p> <p>11:30 ● Beginning Exercise AUD</p> <p>11:30 ● Gift Shop Xmas Clearance Sale AUD</p> <p>2:00 ● Chair Volleyball AUD</p> <p>7:00 ● Phil Degreg Piano AUD</p>	<p>● AREA IV* 3</p> <p>8:30 ● Kroger Shuttle</p> <p>10:40 ● Water Works @ Drake**</p> <p>11:30 ● Beginning Exercise AUD</p> <p>2:00 ● Artist Studio with J** ACR</p> <p>7:00 ● Bingo AUD</p>	<p>● AREA V* 4</p> <p>9:45 ● Advanced Exercise AUD</p> <p>11:00 ● Pray the Rosary CH</p> <p>11:30 ● Beginning Exercise AUD</p> <p>2:30 ● Card Bingo ACR</p> <p>4:00 ● Sabbath Eve Services AUD</p> <p>7:00 ● Movie: To Be Announced AUD</p>	<p>8:30 ● Coffee Club ATM 5</p> <p>11:00 ● Current Events ACR</p> <p>1:00 ● Billiards BR</p> <p>1:00 ● Cards 3 FL CL</p> <p>4:00 ● Catholic Mass AUD</p> <p>7:00 ● The Debray Duo AUD</p>
<p>● AREA I* 6</p> <p>9:00 ● St. Vivian</p> <p>10:00 ● St. James, Northminster and Wyoming Presbyterian</p> <p>11:30 ● Ruth Rubendunst, Piano DR</p> <p>1:30 ● Catholic Service WS</p> <p>1:30 ● Bob Pollack: Adventures in Music AUD</p>	<p>● AREA I* 7</p> <p>9:45 ● Advanced Exercise AUD</p> <p>10:30 ● Meditation Class AUD</p> <p>11:30 ● Beginning Exercise AUD</p> <p>1:00 ● Stitch 'n' Chat SR</p> <p>1:30 ● Cornhole AUD</p> <p>5:45 ● Hot Chocolate by the Fire MLR</p> <p>6:00 ● You Be the Judge MLR</p> <p>7:00 ● Eddie Osborne: Flute and Sax AUD</p>	<p>● AREA II* 8</p> <p>8:30 ● Kroger Shuttle</p> <p>9:00 ● Audiologist Visit SR</p> <p>10:40 ● Water Works @ Drake**</p> <p>11:30 ● Beginning Exercise AUD</p> <p>1:00 ● Bible Study ACR</p> <p>1:00 ● Pinochle Club GR</p> <p>2:30 ● Flower Arranging ACR</p> <p>3:00 ● Resident Council Meeting 3 FL CL</p> <p>4:00 ● Brown Bag Happy Hour BAR</p> <p>4:00 ● Wellness Center BP Screenings (Outside DR)</p> <p>7:00 ● Nature Explorer: Speaking of Squirrels AUD</p>	<p>● AREA III* 9</p> <p>9:45 ● Advanced Exercise AUD</p> <p>11:00 ● Lunch Trip to Tela Bar and Kitchen**</p> <p>11:30 ● Beginning Exercise AUD</p> <p>2:00 ● Chair Volleyball AUD</p> <p>7:00 ● Trivia AUD</p>	<p>● AREA IV* 10</p> <p>8:30 ● Kroger Shuttle</p> <p>10:40 ● Water Works @ Drake**</p> <p>11:30 ● Beginning Exercise AUD</p> <p>2:00 ● Artist Studio with J** ACR</p> <p>7:00 ● Bingo AUD</p>
<p>● AREA V* 11</p> <p>● LIBRARY PICKUP AND DELIVERY</p> <p>9:45 ● Advanced Exercise AUD</p> <p>11:00 ● Pray the Rosary CH</p> <p>11:30 ● Beginning Exercise AUD</p> <p>1:15 ● Diane Shields: The Building of the Panama Canal AUD</p> <p>2:30 ● Card Bingo ACR</p> <p>4:00 ● Sabbath Eve Services AUD</p> <p>7:00 ● Movie: To Be Announced AUD</p>	<p>8:30 ● Coffee Club ATM 12</p> <p>11:00 ● Current Events ACR</p> <p>1:00 ● Billiards BR</p> <p>1:00 ● Cards 3 FL CL</p> <p>4:00 ● Catholic Mass AUD</p> <p>7:00 ● Happy Hour Duo AUD</p>			
<p>● AREA I* 13</p> <p>9:00 ● St. Vivian</p> <p>10:00 ● St. James, Northminster and Wyoming Presbyterian</p> <p>11:30 ● Ruth Rubendunst, Piano DR</p> <p>1:30 ● Catholic Service WS</p> <p>1:30 ● Movie to Be Announced AUD</p>	<p>● AREA I* 14</p> <p>9:45 ● Advanced Exercise AUD</p> <p>10:30 ● Meditation Class AUD</p> <p>11:30 ● Beginning Exercise AUD</p> <p>12:00 ● Chef Tasting** DR</p> <p>1:00 ● Stitch 'n' Chat SR</p> <p>1:30 ● Cornhole AUD</p> <p>7:00 ● Steve Featherston: Guitar, Ukulele, Dulcimer AUD</p>	<p>● AREA II* 15</p> <p>8:30 ● Kroger Shuttle</p> <p>10:40 ● Water Works @ Drake**</p> <p>11:30 ● Beginning Exercise AUD</p> <p>1:00 ● Bible Study ACR</p> <p>1:00 ● Pinochle Club GR</p> <p>2:30 ● Flower Arranging ACR</p> <p>4:00 ● Brown Bag Happy Hour BAR</p> <p>4:00 ● Wellness Center BP Screenings (Outside DR)</p> <p>5:00 ● Dine Out @ Bonefish Grill**</p>	<p>● AREA III* 16</p> <p>9:45 ● Advanced Exercise AUD</p> <p>11:30 ● Beginning Exercise AUD</p> <p>2:00 ● Chair Volleyball AUD</p> <p>3:15 ● Book Club 3 FL CL</p> <p>7:00 ● John Keen: Accordion and Piano AUD</p>	<p>● AREA IV* 17</p> <p>8:30 ● Kroger Shuttle</p> <p>10:40 ● Water Works @ Drake**</p> <p>11:30 ● Beginning Exercise AUD</p> <p>2:00 ● Artist Studio with J** ACR</p> <p>3:30 ● Protestant Communion AUD</p> <p>4:00 ● Newcomers' Meet and Greet MLR</p> <p>7:00 ● Bingo AUD</p>
<p>● AREA V* 18</p> <p>9:45 ● Advanced Exercise AUD</p> <p>11:00 ● Pray the Rosary CH</p> <p>11:00 ● Brown Bag Cincinnati's Doris Day**</p> <p>11:30 ● Beginning Exercise AUD</p> <p>2:30 ● Card Bingo ACR</p> <p>4:00 ● Sabbath Eve Services AUD</p> <p>7:00 ● Movie: To Be Announced AUD</p> <p>7:00 ● Pops Transportation**</p>	<p>8:30 ● Coffee Club ATM 19</p> <p>11:00 ● Current Events ACR</p> <p>1:00 ● Billiards BR</p> <p>1:00 ● Cards 3 FL CL</p> <p>4:00 ● Catholic Mass AUD</p> <p>7:00 ● Boomaroke with Peter Loyd Hosted by Jack & Mitch AUD</p>			
<p>● AREA I* 20</p> <p>9:00 ● St. Vivian</p> <p>10:00 ● St. James, Northminster and Wyoming Presbyterian</p> <p>11:30 ● Ruth Rubendunst, Piano DR</p> <p>1:30 ● Catholic Service WS</p> <p>1:30 ● Movie to Be Announced AUD</p> <p>3:00 ● Free Organ Concert Trip**</p>	<p>MARTIN LUTHER KING JR. DAY 21</p> <p>● AREA I* 21</p> <p>9:45 ● Advanced Exercise AUD</p> <p>10:30 ● Meditation Class AUD</p> <p>11:30 ● Beginning Exercise AUD</p> <p>1:00 ● Stitch 'n' Chat SR</p> <p>1:30 ● Cornhole AUD</p> <p>3:00 ● Wine Tasting and Food Pairing Class**New World BAR</p> <p>7:00 ● CCM Performance AUD</p>	<p>● AREA II* 22</p> <p>8:30 ● Kroger Shuttle</p> <p>10:40 ● Water Works @ Drake**</p> <p>11:30 ● Beginning Exercise AUD</p> <p>1:00 ● Bible Study ACR</p> <p>1:00 ● Pinochle Club GR</p> <p>2:30 ● Flower Arranging ACR</p> <p>4:00 ● Brown Bag Happy Hour BAR</p> <p>4:00 ● Wellness Center BP Screenings (Outside DR)</p> <p>7:00 ● Sigma Alpha Iota Concert AUD</p>	<p>● AREA III* 23</p> <p>9:45 ● Advanced Exercise AUD</p> <p>11:30 ● Beginning Exercise AUD</p> <p>2:00 ● Chair Volleyball AUD</p> <p>7:00 ● Trivia AUD</p>	<p>● AREA IV* 24</p> <p>8:30 ● Kroger Shuttle</p> <p>10:40 ● Water Works @ Drake**</p> <p>11:30 ● Beginning Exercise AUD</p> <p>2:00 ● Artist Studio with J** ACR</p> <p>7:00 ● Bingo AUD</p>
<p>● AREA V* 25</p> <p>9:45 ● Advanced Exercise AUD</p> <p>11:00 ● Pray the Rosary CH</p> <p>11:30 ● Beginning Exercise AUD</p> <p>1:15 ● Diane Shields: The Building of the Suez Canal AUD</p> <p>2:30 ● Card Bingo ACR</p> <p>2:30 ● Free Therapy Wellness Assessments AUD</p> <p>4:00 ● Sabbath Eve Services AUD</p> <p>7:00 ● Movie: To Be Announced AUD</p>	<p>8:30 ● Coffee Club ATM 26</p> <p>11:00 ● Current Events ACR</p> <p>1:00 ● Billiards BR</p> <p>1:00 ● Cards 3 FL CL</p> <p>4:00 ● Catholic Mass AUD</p> <p>7:00 ● Annie Takenii: Piano & Singing AUD</p>			
<p>● AREA I* 27</p> <p>9:00 ● St. Vivian</p> <p>10:00 ● St. James, Northminster and Wyoming Presbyterian</p> <p>11:30 ● Ruth Rubendunst, Piano DR</p> <p>1:30 ● Catholic Service WS</p> <p>1:30 ● Movie to Be Announced AUD</p>	<p>● AREA I* 28</p> <p>9:45 ● Advanced Exercise AUD</p> <p>10:30 ● Meditation Class AUD</p> <p>11:30 ● Beginning Exercise AUD</p> <p>1:00 ● Stitch 'n' Chat SR</p> <p>1:00 ● Flower Arranging ACR</p> <p>1:30 ● Cornhole AUD</p> <p>5:45 ● Hot Chocolate by the Fire MLR</p> <p>6:00 ● You Be the Judge MLR</p>	<p>● AREA II* 29</p> <p>8:30 ● Kroger Shuttle</p> <p>10:40 ● Water Works @ Drake**</p> <p>1:00 ● Pinochle Club GR</p> <p>1:00 ● Bible Study ACR</p> <p>4:00 ● Wellness Center BP Screenings (Outside DR)</p> <p>7:00 ● Chinese New Year's Dance with The Sociables AUD</p>	<p>● AREA III* 30</p> <p>9:45 ● Advanced Exercise AUD</p> <p>11:30 ● Beginning Exercise AUD</p> <p>2:00 ● Chair Volleyball AUD</p> <p>4:30 ● Birthday Dinner** DR</p>	<p>● AREA IV* 31</p> <p>8:30 ● Kroger Shuttle</p> <p>10:40 ● Water Works @ Drake**</p> <p>11:30 ● Beginning Exercise AUD</p> <p>2:30 ● Town Hall Meeting with Bill AUD</p> <p>7:00 ● Bingo AUD</p>



EVENT RECAP

resident holiday show

In December, our Evergreen Choir treated their fellow residents and family members to a special holiday performance filled with nostalgic holiday songs, commercials, and jokes. The evening's format was based on an Old Time Radio Show, radio station WSEG 87.5 FM. (WSEG stands for Wellspring/Evergreen and 87.5 is our average age.) A special thanks needs to go out to Don McOsker and Glenn Bathalter, who served as hosts for the evening; jokester Art Mayers; featured vocalists James Bloodsworth and Mitch Russell; vocal instructor Trudie Seybold; creative conductor Ruth Rubendunst; pianist Dave Engle; producer Jenny Myers; and the entire Evergreen Choir for all their hard work. It was a wonderfully festive evening enjoyed by everyone and a great way to start out the holiday season.



Dr. Dick Meyer and Isabelle Gruber



Ruth Rubendunst



Ladies of the Choir

THIS MONTH'S *heart hero*

HOSPITALITY, EXCELLENCE,
APPRECIATION,
RESPECT, TEAMWORK

Congratulations to
COURTNEY PAYNE,
our Employee of the Month
for January. Courtney is the
Scheduler for the Living Well
Home Health and Concierge
units at Evergreen. Courtney



Evergreen employee Courtney Payne

has provided her services for 16 years, seven of those years being in her current position and the other years she worked in Assisted Living as a STNA. A very successful person once described the formula for his success as this: "I take care of the difficult jobs immediately. The impossible ones take a little longer." This statement describes the way Courtney approaches her complex and demanding job. Courtney tackles her job with professional efficiency. Even when faced with a last minute emergency request, she simply says, "I'll try" and does not stop until she completes the task. Courtney enjoys her challenging job, understands her clients needs, is cheerful, kind, and always reliable to keep her word.

TRAIN YOUR BRAIN *solution*

7	4	3	9	5	8	1	6	2
8	2	6	1	4	7	3	5	9
5	9	1	3	2	6	7	4	8
3	7	9	6	1	2	5	8	4
2	5	8	7	9	4	6	1	3
1	6	4	5	8	3	2	9	7
6	1	2	4	3	9	8	7	5
9	3	7	8	6	5	4	2	1
4	8	5	2	7	1	9	3	6



SENIOR
LIFESTYLE

your life, your style